

This is it - 90 Days here I come!

Posted by NOYA - 16 Nov 2009 02:07

Hey everyone,

My name is NOYA and I'm here to perform a mind dump.

I am 20 years old and a good boy overall. I discovered pornography and masturbation at about age 13 or so. I got very into both of those things and etched those neuron pathways good and deep. I found out that both of these things were sins at age 14 but couldn't stop. It's been that way ever since. I've tried to stop, but just couldn't.

When I was in Israel I met a mashgiach from a yeshiva who claimed that if you stop masturbating for 40 days then you will have stopped the habit. I made it to 40, but it didn't work.

I made it to 40 several more times, but every time I failed I got depressed and guilty.

This year in yeshiva is my strongest year ever. So far I've had a 42 day campaign, followed by a 33 day campaign (which was on the GUE list), and now I'm on Day 6 of another campaign. And now that I'm on the forum, I hope to get lots of support from my holy brothers here, and to give lots of support to others as well.

Although I have not made it to Day 90, I've assembled a list of things for other people to learn from that work for me. There are 3 categories:

Physical

The base level of trouble with regard to masturbating is by physically stimulating the milah. Obviously touching the milah in a sexual manner, deliberately to excite is problematic, but even just casually rubbing or flicking or whatever can be problematic. Therefore my first rule is never to touch the milah ever under any circumstances. Also, if a certain body position is associated with masturbation you must avoid it. For example, I psychologically associate lying on my back with this aviera, so I make sure to never lie on my back.

Visual

The handbook talks about this and it's pretty poshut, but you have to do your best to stay away from any and all inappropriate visual contact with anything. Thank G-d I don't have an issue with the internet because I have a great filter, but one glimpse at an attractive woman can set me haywire sometimes if she strikes me a certain way.

Therefore, one must avoid woman in general and if you must go out, make sure to enter "low-scan mode." That means to lower your gaze so you can see in front of you about 5-10 feet, so you don't see woman from far away. And this way you might see legs, but since it's winter time that's not so bad.

Mental

Hirhurim come and go even to the greatest of people. You can't feel bad about the fact that you get hirhurim because everyone does. The aveira is to continue thinking about it. The way to deal with hirhurim is to distract yourself with other things.

THE BIGGEST YESOD IN FIGHTING THE YETZER HARA IN GENERAL IS TO REALIZE THAT HE IS STRONG AND YOU ARE WEAK. How does one win a battle like that? By running away. Every time you feel a battle coming you MUST distract yourself immediately. For me, learning or reviewing math helps distract me a lot.

Now then, I'm here to make it Day 90, but I find the following problem comes up every time. The way I see it there are essentially two levels of taivah status - Level 1 and Level 2.

Level 1 taivah is the status you get in when a thought goes into your mind and you casually think about it a little, or you might see something that excites you, but you're not "gone." You can still control yourself and distract yourself, and all that. I have no problem with dealing with Level 1 intrusions - All you have to do is distract yourself and you win (as mentioned before)!

But when I get into higher numbers, like in the high 40's, I get something that I call Level 2 taivah, or "structural taivah." I feel like my whole body is locked into taivah "mode" and no

matter what I do, and I think I've tried absolutely everything, I just can't shake it.

I've distracted myself for hours to no avail, I've begged Hashem to help me and to take away the taivah, I've called Rabbeim to help, but it always gets me in the end after I'm Level 2. I still don't really know how I'll deal with it when it will come around day 45 or so, but I have 40 days until I have to gear up for that.

Anyway, I've blabbed forever. Wish me luck everyone and hatzlacha to all of you!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 16 Nov 2010 00:00

And you also accomplish something great today - even if it doesn't *feel* exciting.

Imagine a brain surgeon taking off his gloves in the middle of surgery. "I'm sorry guys, but this is just getting boring." Maybe tomorrow will be more interesting and exciting, OK? See ya!"

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Re: This is it - 90 Days here I come!
Posted by frumfiend - 16 Nov 2010 00:04

Gd is always exciting

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Re: This is it - 90 Days here I come!
Posted by NOYA - 16 Nov 2010 20:55

Today was so hard. I've been messing around as you know, and I got really close to the edge of the cliff again last night because I talked to that friend of mine again, and this time SHE stopped

us from going into the realm of sexting (although the conversation wasn't exactly 100% kosher before that). I also drove around on that stupid website I like going on that I shouldn't, getting closer to the cliff. Then today I of course woke up and could think of nothing but giving up and acting out all day.

I was about to give it all up and give in to the yetzer hara. I downloaded something surreptitiously that would get around K9 and it worked on my computer. I was mamash going to go all the way, and then I said, "You know, I'll make myself a deal. We'll count that stuff that happened as a slip, and add it to our fall list this campaign around." That still was not stopping me, and I knew I was a goner, but something made me pick up the phone and call Steve, one of our patron saints here on GYE.

He talked to me for 35 minutes on the phone and got me to relax and get in the right frame of mind again. This was so close. My G-d. This fight is no joke. Thank you so much Steve!

Today marks the longest I have ever gone without masturbating by the way. It's Day 51 and what a day it is so far.

I am going to draft some rules for the remaining time in my 90 days, adding to my fall list and I am also going to write up a new shvua that will help me out. Bottom line, though, I have to work on my recovery. I have to live with humility, fearlessness and HONESTY. I don't want this junk. It's not a good medicine for what ails ya. It's a poison that takes over your life and saps all chiyus from your existence. Such a struggle though - G-d, can't you make this easier for a lazy guy like me?!

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Re: This is it - 90 Days here I come!
Posted by briut - 16 Nov 2010 21:05

[NOYA wrote on 16 Nov 2010 20:55:](#)

Bottom line, though, I have to work on my recovery. I have to live with humility, fearlessness and HONESTY.

Look chaver, if you can post what you just said, you can already check off the box called honesty. And if you can continue your struggle past all the roadblocks you just described, you

can check off the box called fearlessness.

That leaves only the box called humility. That one's gonna be hard, because you are doing such powerful and inspiring work here. You have lots of cause to feel the opposite of humble if you stop and think it through. But just remember the difference between TRUE humility, where you can acknowledge the truth even when it's complimentary (!), and a FALSE humility, where you have to feel like a dishrag.

Perhaps you can settle for Honest and Fearless? Keep going, buddy, you're so impressive!

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Re: This is it - 90 Days here I come!
Posted by Kedusha - 16 Nov 2010 22:38

Yashar Koach, Noya (and to Steve for being there for him!).

Try to think of this girl as you would a cheeseburger, and you'll see why you're so much better off keeping a distance!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 17 Nov 2010 07:14

Glad to hear that you haven't masturbated for such a long time - that is a *huge* victory!

For myself, though, once I'm in a situation that requires me to be powerful (e.g., talking to a girl that's tempting, especially if I had a history with her), I'm already in trouble. Because I'm powerless.

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Re: This is it - 90 Days here I come!
Posted by frumfiend - 17 Nov 2010 11:48

noya good job!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 17 Nov 2010 21:40

Okay, I feel safe again. I just made a shvua again, and this time it's all written down and saved on my computer so I don't have to worry about forgetting exactly what I said. I also wrote down an updated list of what counts as a fall for me personally for the rest of my 90 day count. I feel good. I had a great day in shiur today, and I feel like I was very productive over the past hour and a half writing this stuff down, and getting a shvua to block for me again. I know that this isn't the answer and I have to be in recovery for real - that's the real answer.

What Steve told me yesterday is so important. He reminded me that I can't have any lingering thoughts of being able to control this someday. The truth is in the back of my mind I was looking forward to winter break, so I could go home and go in my warm bed and look at porn all night long for days and days - how geshmack that would be. I still have those thoughts and it's hard to shake them. Porn is so great. What's so bad about spending a few days doing that?

I guess the answer is that it spills over and it won't just be for a few days; it'll be every day after that too, even during the zman. And besides, you're not allowed to do that - it does huge damage to your neshomo and blocks good relationships and everything good. I have to figure out what I'm doing then, though. I have a while to think about it.

But Baruch Hashem, I can't believe I didn't mess up all the way AND have a new shvua in place. Nisim bechol yom. Thank you so much for giving me chizuk and telling me that I'm doing a good job and not being unsuccessful here.

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Re: This is it - 90 Days here I come!

Posted by Kedusha - 17 Nov 2010 21:56

Dear Noya,

What great words of inspiration!

How geshmak would it be to look at porn for a few days? About as geshmak as being forced to row upstream, without any paddles, in a cesspool of raw sewage, leading you straight to gehehenom!

Ah, but you've chosen a much better route. Keep this up, and you'll not only make a great husband, but a great father too, b'Ezras Hashem!

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 18 Nov 2010 06:05

Like Kedusha said. Being clean is good, for today!

Glad to hear that you're still clean, and moving forward. Rock on!

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Re: This is it - 90 Days here I come!
Posted by NOYA - 21 Nov 2010 20:48

Thanks for the chizuk, SB and Kedusha! Kedusha, I still don't have that regesh unfortunately. I'm hoping that 90 days will help shift porn outside my spectrum of challenges so that it becomes, "Okay, it sounds yummy, but there's no way I would ever do that." The same way that I would never eat a gevaldika delicious steak in a fine traif restaurant, no matter how delicious people say it is there.

I definitely still am not averse to it, though, and would definitely mess up in the wrong scenario. Anyway, I emerged from my yeshiva cave for the first time in a month and a half or so, and went to a public place for some nice kosher fun with some friends. I didn't think ahead of time of being mechazek in shmiras ainayim because I'm used to not seeing any girls around and I guess I just wasn't thinking, but overall things weren't so bad.

There weren't any REALLY badly dressed girls around, and overall I was good. I was NORMAL. I didn't obsess over anyone. I noticed that some girls were quite pretty and had fleeting inappropriate thoughts about them, but nothing like I used to, when I would basically "fall in love" and stalk a girl the whole time (creepy right?). Baruch Hashem!

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Re: This is it - 90 Days here I come!
Posted by frumfiend - 21 Nov 2010 21:12

Thank you noya for being honest and admitting how geshmack porn is to you. I have the same dream as you to sit undisturbed for hours looking at porn.

We cant do it because it will kill us and ruin our lives. That is a fact dont let anyone tell you differently.

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Re: This is it - 90 Days here I come!
Posted by silentbattle - 21 Nov 2010 21:22

It's a nice (albeit embarrassing) feeling when we can look back and see how silly we used to be.

My recent post relates to what you wrote - 90 days doesn't change our view - only we can do that.

And yes, it's easy to view porn and other temptations as a geshmak steak - but as long as we do, we're in trouble. We need to realize that it's a poisonous steak. And really, it's not steak at

all - it's actually a big lump of fecal matter just dangling there, ever so tantalizing, at the end of our forks.

That's not a trick to help us - that's the *truth*.

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Re: This is it - 90 Days here I come!
Posted by Kedusha - 21 Nov 2010 21:34

[Frumfiend The star wrote on 21 Nov 2010 21:12:](#)

We cant do it because it will kill us and ruin our lives. That is a fact dont let anyone tell you differently.

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